

Mental Health & Well-Being Support

Well-Being Support:

We as a school recognize these are troubling times for young people, parents and carers. The school would recommend that anyone struggling with their own well-being, experiencing issues linked to mental health, or who is concerned for others seek appropriate advice and support.

The school has published it's own Approach to Well-Being which includes a range of contact numbers and websites for a range of support agencies.

To access the Schools Approach to Well-Being please go to the Safeguarding pages of the school website or click direct on the link below:

<https://www.severnvaleschool.com/attachments/download.asp?file=872&type=pdf>

Please see additional resources published by Early Help. These documents can be found alongside this one on the School's Covid-19 webpage. These include:

Information on well-being packs from Gloucester Healthy Living and Learning

Information from Early Help on Staying safe

Useful Numbers and Contacts:

Child and Adolescent Mental Health Services (CAMHS, formerly known as CYPs):

CAMHS are currently accepting and providing care to children or young people presenting with priority and urgent needs.

<https://www.2gether.nhs.uk/other-areas/cyp/>

If there is an immediate danger to life, please dial 999 or go to your nearest Accident and Emergency Department.

If you live in Gloucestershire and someone you know needs help in a mental health crisis, call our crisis teams.

Tel: **0800 169 0398**.

Teens in Crisis:

TIC+ for 9 to 21 year olds Phone, text or online counselling for young people. A parent support and advice line is also available online.

www.ticplus.org.uk

Tel: **01594 372777**

Text: **07520 634063**

PARENT SUPPORT LINE: **0800 6525675**

PARENT SUPPORT WEB CHAT: www.ticplus.org.uk/parents-carers

OPEN TIMES: Monday & Wednesday: 5pm – 9pm Tuesday & Saturday: 9.30am – 1pm

A new anonymous helpline will be launching on 22 June (Tel: 0300 303 8080)

Childline:

Online support for under 19s, resources and phone counselling. Calls are free and won't show up on a phone bill. Available 7 days a week from 9.00am to midnight.

www.childline.org.uk

Helpline for children: **0800 1111**

Kooth:

An online support platform for 11-18 year olds where young people can access free anonymous counselling, join friendly discussion boards, keep online journals, goal trackers,

and read self-help articles with the option to contribute their own experiences or advice.

www.kooth.com

Online platform available: 24 hours a day.

Counselling available: 12.00pm - 10.00pm Monday to Friday, and 6pm - 10pm at weekends

Chat Health:

A confidential text messaging service for 11-19 year olds to get in touch with a healthcare professional for advice and support on physical and mental health issues.

Text: 07507 333351

Available Monday to Friday from 9.00am to 4.30pm excluding bank holidays.

On Your Mind:

An NHS website for all ages to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support.

www.onyourmindglos.nhs.uk

Available 24/7

Gloucestershire Self Harm Helpline:

A safe, non-judgmental helpline for all ages who self-harm, and their friends, families and carers.

Tel: 0808 816 0606

Text: 07537 410 022

Webchat: www.gloucestershireselfharm.org

Available 7 days a week from 5.00pm to 10.00pm

Young Minds:

The children and young people's mental health charity, Young Minds has lots of resources, advice and toolkits for young people and professionals, and a parents' helpline.

www.youngminds.org.uk

Tel: 0808 802 5544

Available Monday to Friday from 9.30am to 4.00pm

Winston's Wish:

Provide support to under 18 year olds and therapeutic interventions for children and young people who have been affected by bereavement by phone and email.

www.winstonswish.org

Tel: Call 08088 020 021

Email: ask@winstonswish.org

Available Monday to Friday from 9.00am to 5.00pm

Young Gloucestershire:

Counselling by phone and via online chat for 16 to 25 year olds facing challenges with their mental and emotional wellbeing. Young people can be referred or can refer themselves.

www.youngglos.org.uk/young-people/mental-health/linked-up-project

The Mix:

Support for under 25s with mental health, money, homelessness, finding a job, relationships and drugs. They can talk to young people about their situation and signpost them to organisations that could help.

Tel: 0808 808 4994

Available 7 days a week from 4.00pm to 11.00pm

The Samaritans:

All age Support for anything that's troubling you, no matter how large or small.

Tel: 116 123

Email: jo@samaritans.org

Mind:

To give you advice and support to help you through this time

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/#HowCanICopeWithChangesToSchoolOrCollege>

Parenting Support Line:

A free confidential advice line providing guidance and emotional support on any aspect of parenting and family life.

Tel: 0800 542 0202

Email: familyinfo@gloucestershire.gov.uk or message on Facebook.

Available Monday to Friday 9.00am to 8.00pm and Saturday 10.00am to 6.00pm

Gloucestershire Healthy Living and Learning:

Provides support around the PSHE curriculum to teachers and advice for parents. There are resources, as well links to partner organisations to support the emotional health and wellbeing of all children and young people.

www.ghll.org.uk/mental-health

Online Safety at Home:

Thinkuknow are sending out fortnightly #OnlineSafetyAtHomeEmails with new home activity packs to share with parents and carers. Each pack contains simple 15-minute activities parents can do at home with their children using the Thinkuknow resources. Resources available for ages 4-5, 5-7, 8-10, 11-13 and 14+ There are 5 activity packs which can be found on the GHLL website <https://www.ghll.org.uk/>.

Shout:

Shout is the UK's first 24/7 text service for all ages, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258